



Strength and Conditioning for Combat Readiness (FY05- 5028)

Note: this is a new HPPI project for FY05. Additional project information and specific project outcomes and lessons learned will be added to this summary as the project progresses.

The health problem or issue

Soldiers are not physically prepared for combat due to failure to identify and address specific weaknesses in power, strength, balance, speed, endurance, agility and flexibility. Soldiers are suffering a higher incidence of injuries during combat and training due to non-specific physical conditioning. In addition, conditioning regimens do not always take into account MOS-specific requirements.

Anticipated outcome

Individualized assessments specifically targeting power, strength, balance, speed, endurance, agility and flexibility – and the electronic tracking of this information – will result in increased unit and individual Soldier readiness.

Unique and/or innovative program aspects

Each Soldier in a unit will be individually assessed for power, strength, balance, speed, endurance, agility and flexibility. This assessment will be performed at the company level and is unit specific. The assessment also will be tailored to each unit's Mission Essential Task List (METL) in close coordination with the Unit Commander.

Demonstration of program effectiveness and/or impact

There is abundant literature that shows the benefits of individual assessments and tailored strength and conditioning programs to the job or sport requirement. This program is modeled after that concept. Initial assessment data on 211 Soldiers indicates they have a strength deficit when compared to normative data from comparable populations (i.e., college athletes).

Impact on force readiness and deployability

This program will improve Soldier readiness and deployability by reducing injuries before and during deployment. There is an expected concurrent benefit as the program strives to increase the combat effectiveness of Soldiers through individual fitness assessment and tailored strength and conditioning program.

Potential impact on the HPPI portfolio

This project will provide valuable injury prevention/readiness data regarding enhanced Soldier physical readiness through individualized assessments and exercise prescriptions.